

INDEX	
Absentees and Deserters, Personal Effects	1000, 4400
Accident Prevention	5101
Accidents and Incidents, Public Interest in	5720
Accidents, Aircraft	1772
Accidents, Involving Ships Fleet Personnel	1771
Accidents, Nuclear	3006, 3441
Administrative Discharge Processing	1000
Admission and Access to Regional Installations	5512
Admission of Private and Commercial Vehicles	5520
Aircraft - Flight Operations, Shipboard	13000
Aircraft - Operations Aboard Ship at Anchor	13000
Airline Tickets, Procurement of	4650
Alcohol Abuse Control	5353
Alcohol and Drug Abuse Prevention Training	5353
Alcoholic Beverages	5353
American Red Cross	1754, 5760
Ammunition	3170, 5820, 11320
Armed Forces Disciplinary Control Board, SE VA/NE NC	5800
Arrangements for U.S. Navy Ship Arrival and Departure Ceremonies	5061
Arrival and Departure Ceremonies	5060
Automotive Vehicles, Navy (Assignment Pools)	4400
Automotive Vehicles, Navy (For Commands Afloat)	3120
Automotive, Identification Marking & Painting	11240
Automotive, Preventive Maintenance of Transportation Equipment	11240
Automotive, School Bus Marking (Navy)	11240
Autopsies	1772
Autovon	2060
Azalea Festival	5720
Azalea Festival, Uniform for	1020
Barges	3170
Bachelor Housing	11103
Beach Guard, instruction for	11103
Bilges, Pumping	5090
Blowing Tubes	3170
Boarding Officers	3172
Brig	1640
Brows	3170
Calibration, IFF Test Equipment	9690
Camels, Security of	3170
Camera Possession and Use	5290
Casualty Assistance Calls Program (CACP)	5290
Ceremonies, Equipment for	5060
Chamber, Recompression, Guardship	6000
Chamber, Recompression, Testing	6000
Chapels	1730
Chaplains Religious Enrichment Development Operation (CREDO)	1730
Chaplains Religious Enrichment Development Operation, Command Action	1730

20 MAR 2000

Chaplains Religious Enrichment Development Operation, Workshops	1730
Circuits, Ship/Shore, Establishment of	2710
Civil Authorities, Disposition of Personnel held by	1000, 5402
Civil Authorities, Jurisdiction	5822
Civil Defense	1000
Classified Matter, Shredder	5510
Cleanliness of Piers	3110, 3120
CMS	2200
Coast Guard District, Official Liaison with	3000
Cognizant Activity, Deaths	1772
Colors, Holiday	5060
Colors, Morning & Evening	3110, 5060
Command and Control Net, Emergency	2041
Commercial Solicitation	5512
Commercial Solicitation, Transportation Offices	5512
Commercial Transportation	4650
Communications, Ships	4650
Communications, Authorization to Pick up/Deliver Messages	2319
Communications, CMS	2200
Communications, Crypto Repair	2200
Communications, Defense Courier	5130
Communications, Electronic Field Engineers Service	3523
Communications, EMCON	3521
Communications, Establishing Circuits	2710
Communications, Guard for ships	2319
Communications, Harbor Common	2710
Communications, Landline Services	2060
Communications, Radar Restrictions	3521
Communications, Radio	2710
Communications, Receipt and Release	2319
Communications, Security Information	2200
Communications, Ships	2060
Communications, Telegrams	3523
Communications, Tug Control Net	2710
Communications, Visual	2015
Community Relations	5720
Community Relations (see Public Affairs)	5720
Community Relations, Base Paper	5720
Community Relations, Environmental	5090
COMNAVREG MIDLANT as SOPA (Admin) Hampton Roads	5400
COMNAVREG MIDLANT Mission	5400
COMNAVREG MIDLANT Tasks and Functions	5400
COMNAVREG MID-LANT, Authority for Establishment of	5400
COMNAVREG MID-LANT, Delegations/succession of Authority by	5402
COMNAVREG MID-LANT, Organization and Command Relationships of	5401
COMNAVREG MID-LANT, Other Tasks and Functions Assigned to	5400
COMNAVREG MID-LANT, Tasks and Functions Assigned by CINCLANTFLT to	5400
COMNAVREG MID-LANT, Tasks and Functions Assigned by CNO	5400
COMNAVREGMIDLANT Official News Paper	5721
Confinement, Brig	1640
Confinement, Duration	1640
Confinement, Eligibility	1640

Confinement, Pretrial	1000, 1640
Confinement, Records	1640
Confinement, Reporting for	1640
Conveyors	5510
Courier Services	5130
Courtesies to Flag Officers	5060
Court-Martial Reviews and Appeals	5814
Courts-martial	1000, 5814
Craft and Equipment, securing of	5814
CREDO	1730
Crypto Repair Facilities	2200
Customs, Traditions and Courtesies	5060
Damage Reports on Naval Vessels, Private Vessels, Waterfront Structures	3170
Deaths and Funerals	5360
Deaths and Funerals, Aircraft Accidents	1772
Deaths and Funerals, Cognizant Activity	1772
Deaths and Funerals, Decedent Affairs Information	1772
Deaths and Funerals, Definitions	1772
Deaths and Funerals, Disaster Plans	1772
Deaths and Funerals, Duties and Responsibilities	5360
Deaths and Funerals, Local Civil Laws	1772
Deaths and Funerals, Multiple Deaths of Members of Armed Services	1772
Deaths and Funerals, Parent Activity	1772
Defense Courier Services (DCS)	5130
Degaussing & Deperming	2710, 9475
Degaussing Range Checks, General Instructions for	9475
Deliveries, Supply	4491
Dental Guard	6600
Dental Guardship Assignment	6600
Dental Treatment, Fleet Personnel	6600
Dental Treatment, Shore-based Personnel	6600
Dental, Emergency	6600
Dental, Services	6600
Departure Ceremonies, Safety and Control of Dependents at	5060
Departure LOGREQs	3170
Departure Message	3170
Deperming, General Instructions for	9476
Disable Machinery, requests to	3170
Disaster Preparedness, Afloat Command Tasks	3006
Disaster Preparedness, Command Relationships	3006
Disaster Preparedness, Definitions	3006
Disaster Preparedness, Execution	3006
Disaster Preparedness, Nuclear Accident/Incident	3006
Discipline	1000
District Tug Frequency	2710
Diving Operations (Inport)	3170
Dress Ship & Full Dress Ship	5060
Dress/Full Dress Ship/Display Holiday Colors	5061
Drug and Alcohol Abuse Prevention Training	5353
Drills, Emergency	3170
Driver Education Program	5101
Driver Education	5102

20 MAR 2005

Duty Officers, Chaplains	1730
Duty Officers, FISC	5061
Education, Information	1500
Education, Training &	1500 - 1599
Electromagnetic Radiation Control (EMCON)	3521, 8023
Electronic Field Engineers Service	3523
Electronic Radiation Control	3521
Emergency Command and Control Net	2041
Environmental & Preventive Medicine Unit No. 2	6280
Environmental Compliance in the Hampton Roads Area	5090
Environmental Waste Disposal Requirements	5091
Establishment of Circuits (RATT/MUX)	2710
Explosive Ordnance Disposal	8023
Facility Appearance	11400
Family Housing	11101
Family Services Center	1754
Field Engineers Service, Electronics	3523
Fingerprinting	5512
Fire Protection and Firefighting, General	11320
Fire Safety Requirements, General	11320
Firefighting Coordination - Fleet	11321
Firefighting Coordination - Shore	11321
Fleet Branch Post Office	5110
Fleet Medical Watch	6000
Fleet Reserve	1000
Fleet Services, Postal	5110
Fleet Training Center	1500
Flight Operations	13000
Floats, Security of	3170
Foreign Ships Visits	3128
Foreign Ships Visits, Requirements (Tug & Pilot)	13000
Frequencies, Harbor Common	13000
Frequencies, Tug	13000
Fuel Deliveries, Facilities	3170
Fuel Deliveries, Restrictions During Ammunition Handling	11320
Fueling After Dark	5090
Garbage, Water, Trash and Refuse Service	3170
General Instructions for Deperming	9475
Government Air Transportation	4650
Graveside Military Honors	5360
Guards, Dental	6600
Guards, Medical	6600
Guest of the Navy Program	5721
Guests of the Navy Cruises	5720
Guides, Tour	5720
Gun Salutes	5060, 5061
Hampton Roads Naval Museum	5720, 5721
Harborfest	5720
Hazardous Processes (Flammable)	11320
Hazardous Waste Disposal	5090
Headphones, Worn while Driving or Jogging	5101
Helicopter Operations, Ships at Anchor & at Piers	13000

HERO (Hazards of Electromagnetic Radiation)	3521
Holiday Colors	5060
Holiday Rooms Program	5720
Honors and Ceremonies	5060
Honors and Ceremonies	5360
Honors, Military (Graveside)	5360
Honors, Passing	5060
Hospitalization and Treatment	6000
Hospitalization and Treatment on no-cost orders	1000
Host Ships, Designation of	3128
Host-Tenant Relationships (Intra-Navy)	7050
Household Goods, Shipment of	4600
Identification, Marking, and Painting of Navy-owned Motor Vehicles	11240
IFF Test Interrogator and Transponder Usage	3521
Inboard Ships	3170
Inclination Tests	11240
Information and Education	1754
Instructions for the Disposition of Property Seized and Withheld from Individuals	5530
Instructions to Pier Sentries	5560
Introduction	V
Investigations of Incidents Involving Claims	5814
Investigative Service, Naval Criminal	5820
Investigative Service, Naval Criminal (Jurisdiction/Responsibilities of)	5820
Investigative Service, Naval Criminal (Service Office Norfolk)	5820
Jurisdiction and Responsibility of NCIS Field Office Norfolk	5820
Jurisdiction, General, Military and/or Civil	5820
Landing, Fleet	3170
Landline Services, Types of	2060
Laws and Legal Matters	5800
Laws, and Legal Matters, General	5800
Leave Expiration	1000
Liaison with Commander, 5th Coast Guard District	3000
Liaison with Local Law Enforcement & Investigative Agencies	5820
Liaison, Medical with Local Authorities	1772
Liquid Storage Tank Facilities, Shore Installations	5091
Logistics, General	4000 - 4999
LOGREQs, Arrival	3170
LOGREQs, Departure	3170
Loudspeakers on Vessels, Use of	3170
Machinery, Request to disable	3170
Magnetic Silencing (General Instruction for Degaussing Range Checks)	9475
Magnetic Silencing (General Instruction for Deperming)	9475
Magnetic Silencing (General Instruction for Minesweeper Range Check)	9475
Magnetic Silencing Services Available at Norfolk, VA	9475
Magnetic Silencing, Hours of Operation	9475
Magnetic Silencing, Schedule Procedure	9475
Mail, Dockside Mail Delivery	5110
Mail, Fleet Branch Post Office	5110
Mail, Official	5110
Mandatory Turn-In of Repairables (MTR)	4400
Marking and Equipping of School Buses (Navy)	11240
Material Left on the Pier	4460

**20 MAR 2000**

Materials Handling	4460
Maximum Driving and On-Duty Time	5101
Media Relations	5720
Medical Guard, Duties	6000
Medical Guardship Assignment	6000
Medicine, Dentistry	6000
Medicine, Environmental and Preventive Medicine Unit No. 2	6280
Members Released by Civil Authorities on Bail or On Their Own Recognizance	5822
Merchant Ship and Barge Movements	3170
Messages Outgoing Traffic (Ships at Piers)	2319
Messages, Authorization to pick up	2319
Messages, General	2319
Messages, Receipt and Release	2319
Messes	1746
Military Courtesies to Flag Officers	5060
Minesweeper Range Checks, General Instructions for	9476
Minesweeper Degaussing Range Checks	9475
Morning and Evening Colors	5060
Motor Vehicles Required to Stop at all Railroad Grade Crossings	5102
Motorcycle Safety	5101
Motorcycles, Protective Equipment for Operators	5101
Motorcycles, Safety	5101
Motorcycles, Safety Training	5101
Motorcycles, Parking of	5560
Museum, Naval	5720
Naval Criminal Investigative Service Office	5820
Naval Museum, Hampton Roads	5720
Naval Station Norfolk, Separations	1000
Naval Station Norfolk, Transfers	1000
Naval Station Norfolk, Transient Personnel Unit	1000
Navy Environmental and Preventive Medicine Unit No. 2	6280
Navy Housing Welcome Center	11101
Navy Passenger Transportation Office	4650
Navy Region Mid-Atlantic, Chain of Command	Introduction
Navy Region Mid-Atlantic, Component Activities to Act	Introduction
Navy Region Mid-Atlantic, Mission	I
Navy Region Mid-Atlantic, Organization	I
Navy Region Mid-Atlantic, Policy	I
Navy Regional Mail Services	5110
Navy Speakers	5721
Navy/Marine Corps Speakers Program	5721
Navy-Marine Corps Relief Society and American Red Cross	5760
Net, Emergency Command and Control	2041
Noise Abatement	5060
Nonstandard Requisitions, input of	4491
Nuclear Accident or Significant Incident	3441
Nuclear Weapons Accidents/Incidents	3006
Occupancy of Buildings	11300
Official Mail	5110
Official Passport Applications	4651
Official Photographic Services	5290
Operation DECORAMA	5720

20 MAR 2000

Operation of Aircraft Engines Aboard Ships	13000
Optimum Track Ship Routing (OTSR)	3141
Ordnance Material, Facilities	8010, 8011
Ordnance Material, Ordering	8011
Ordnance Material, Reports	8011
Ordnance Material, Responsibilities	8023
Ordnance Safety, Fueling	8020
Ordnance Safety, General Rules	8020
Ordnance Safety, HERO Restrictions	8020
Ordnance, Handling Limits at NAVPHIBASE	8027
Ordnance, Handling Limits at NAVSTA	8027
Ordnance, Handling Limits at NNSY	8027
Ordnance, Pier Restrictions	8020
Ordnance, Safety Inspectors	8010, 8020
Organization, Functions and Status (COMNAVREG MID-LANT)	5400
Painting/Paint Removal Environmental Compliance	5090
Pallets	3120
Parking Regulations	3120
Parties, Christmas	1710
Parties, Station or Ship	1710
Passenger Transportation Management	4650
Passenger Transportation/Travel	4650
Passing Honors	5061
Passport Applications, Official	4650
Passports, Applications for	4650
Pedestrian Safety	5102
Pedestrian Safety	5102
Personal Affairs & Benefits	1740
Personal Calls on SOPA (Admin) Hampton Roads	3172
Personal Effects of Absentees and Deserters	4050
Personnel Casualties	1771
Photographic Facilities and Services	5720
Photographic Facilities and Services, Specialized	5720
Photographic Support, Public Affairs	5720
Physical Security Procedures for Forces Afloat	5530
Pier Cleaning Bill	3180
Pier Laydown Areas	3170
Pier Laydown Areas, exceptions to restrictions concerning	3170
Pier Security	5560
Pier Sentries, Instructions to	3110
Pier SOPA Traffic Responsibilities	5560
Piers, Use of	3170
Pollution, notification of Water	5090
Pollution, Oil Cleanup	5090
Pollution, Oil Spill Prevention	5090
Pollution, Oil Spill Report Format	5090
Portable Headphones, Earphones, or Other Listening Devices, prohibition of	5101
Possession of Pets	10570
Pretrial Confinement	5809
Preventive Maintenance of Transportation Equipment	11240
Preventive Medicine, General	6200
Preventive Medicine, Quarantine	6210

20 MAR 2000

Public Affairs Area coordination	5720
Public Affairs, Guest of the Navy Cruise	5720
Public Affairs, Harborfest	5720
Public Affairs, Museum	5720
Public Affairs, Navy Speaker	5720
Public Safety, Regional Mission of CO, NAVPHIBASE LCRK to provide	5500
Pumping Bilges	3170
PWRMS Material	4460
Quiet Hours	5060
Radar Operating Restrictions and Guidance	2000
Radar Radiation, Notification Requirements for	2000
Radar Radiation/IFF Notification Requirements	2000
Radio and Television Services	3170
Reactor Accidents/Incidents	3441
Receipt and Release of Messages	2000
Records, Court-Martial	5800
Red Cross	1754
Refuse, Water, Garbage & Trash Services	3170
Regional Non-Appropriated Fund (NAF) Personnel Office	5300
Regular Prime Vendor and FF&V Items	4491
Religious Services	1730
Repair Facilities for Ships	114000
Reporting Changes of Occupancy of Buildings	11300
Request to Disable Machinery	3170
Retirement	1000
Rules of the Road, Report of Violation of	3170
Sand Blasting	3170
Scheduled Airline Ticket Office	4650
Scheduled Degaussing Range Check Procedures	9475
School Buses, Marking & Equipping	11240
Schoolhouses, CNET Formal	1500
Schoolhouses, Formal Navy	1500
Security, General	5500
Separations	1000
Shipment of Household Goods	4600
Ships Arriving From Foreign Ports, regulations concerning	3170
Ships Deploying to Other Areas, Requisition Procedures for	4491
Ships Guide to General Visitation	5721
Ships Requisitions	4491
Ships, Trash Services to	3170
Shredder Facility, PWC	5510
Shredder for Classified Matter	3170
Sirens on Ships, Use of	3170
Sludge, Removal of	5090
Small Boat, restricted use during heavy weather of	5510
Sonar Transmission, Hazards of	2000
Sonar Transmission, Notification to Conduct Operations	2000
SOPA (Admin) Subareas	4400
SOPA and SOPA (Admin)	Introduction
SOPA Hampton Roads Area	5401
SOPA Subareas	4400
Space Assignment Authority	11000



Space Assignment, Responsibility for	11000
Space Control	4452
Special Court-Martial, Review & Recommendations	5803
Special Purpose Testing Systems	9690
Speeds	3170
Speeds, Ship	3170
Spills	5090
Spray Painting	3170
Storm Warning Displays	3128, 3141
Submission of Vehicle Usage Data Report	11240
Subsistence Requisitions	4491
Subsistence Requisitions (and Vendors)	4491
Summary Court-Martial, Review & Recommendations	5800
Supply (Categories of Materials Stored)	4400
Supply (Fuel Deliveries)	4491
Supply Deliveries	4400
Supply Duty Office	4400
Supply, Materials Handling	4400
TACAN Testing Capabilities	9690
TAD Assignment Pending Court-Martial	1000
Telegrams	2000
Telephone Pay Station Aboard Ship	2305
Telephone Service for Ships	2305
Tours	5720
Traffic Control and Parking	5560
Training (Fleet Training Center)	1500
Training (Weather Observation)	3141
Training Authority (Hampton Roads), Local	1500
Training Synergy Database, Navy	1500
Training: FLTCOMBATDIRSYSTRACENLANT	3521
Transshipment (Surface Shipment)	4491
Transient Personnel Reporting Procedures	1000
Transportation Equipment, Preventive Maintenance	11240
Transportation Office, Navy Passenger	4650, 1000
Transportation, Ambulance	1772
Transportation, commercial Office	4650
Transportation, General	4600
Transportation, Government Air	4650
Trash, Water, Garbage and Refuse Service	3170
Tropical Hurricane Conditions	3141
Tropical Storm Conditions	3141
Tubes, Blowing	3170
Tugs and Pilots	2000
Tuition Assistance	1560
U.S. Postal Service	5110
Uncle Sam's	4400
Uniforms, Control of	1020
Uniforms, Navy	1020
Uniforms, Regulations for	1020
Uniforms, Seasonal Periods for	1020
Utilities for Ships	3170
Utilities, Connections and Disconnections of	3170

20 MAR 2000

Utilities, General	3170
Vehicle Access and Control Aboard Installations	5520
Vessels, Environmental Requirements for	5090
Veterinary Support Service	4491
Visits of Foreign Ships	3128
Visual Communication	2000
Watch, Duty Chaplain	1730
Water Pollution, Action by Responsible Activity for Cleanup of	5090
Water Pollution, Notification	5090
Waterfront Fire Regulations	11321
Weapons	5800, 3006
Weapons (Definitions and Policy)	5820
Weather Forecasts	3141
Weather Plan, Severe	3006
Weather Services	3141
Weather Warning Advisories	3141
Weather, Definitions	3141
Weather, Small Boats During Heavy	3141
Welding (see Hot Work)	8020
Whistles on Vessels, Use of	3170
Yorktown, NAVWPNSTA	5820
Environmental Issues at Norfolk Naval Shipyard, Portsmouth	Appendix A
Norfolk Naval Shipyard, Portsmouth, Environmental Issues	Appendix A